

FRESH FOOD.



August

*What I might find at an
Iowa Farmers' Market in
August:*

Apples
Apricots
Beans
Blueberries
Cabbage
Cantaloupe
Carrots
Cucumbers
Eggplant
Kohlrabi
Leeks
Lettuce
Okra
Onions
Peaches
Pears
Peppers
Plums
Potatoes
Radishes
Raspberries
Spinach
Squash
Sweet Corn
Sweet Potato
Tomatoes
Watermelons
Zucchini

Capitol Complex Farmers' Market

Every Tuesday through September 27, 3:00 – 5:30 pm
E. 13th Street between E. Walnut and E. Grand Avenue



Slice. Eat.

(How easy is that?)

Fresh Fruit Ideas

- Use large cookie cutters with $\frac{1}{2}$ to $\frac{3}{4}$ inch thick watermelon slices to make fun melon shapes
- Make "moons" by slicing cantaloupe in a crescent shape and top with dried cranberries
- Combine chopped watermelon, blueberries, a few fresh mint leaves and sprinkle with a bit of lime juice and honey for a refreshing summer salad.

Stuffed Green Peppers (Makes 4 servings)

Ingredients:

1 pound ground turkey or lean ground beef
1 cup brown rice, uncooked
1 $\frac{1}{2}$ cups tomato sauce
 $\frac{1}{2}$ cup chopped onion
Black pepper to taste

Directions:

Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers and wash. In saucepan, brown meat and drain grease. Add rice, onion, $\frac{1}{2}$ cup tomato sauce and black pepper. Stuff each pepper with the mixture and place in casserole dish. Pour the remaining tomato sauce over the green peppers. Cover and bake for 30 minutes at 350 degrees and serve.



Summer Sweetness from the Market